

Central Aquatic Center

Located at 520 Fairground Street next to the Cobb Civic Center in the Larry Bell Fitness Complex Hours of operation:

Lap Swim: Mon.-Thurs. 6 am-8 pm Fri. 6 am-6 pm Sat. 9 am-2 pm

Call for available open swim times (770) 528-8465.

Swimming Lessons Summer 2012

Session I June 4-21

Session II June 25 – July 12

(No classes on July 4th – Make up Friday, July 6th)

Session III July 16 – Aug 2 Saturday* June 2 – July 21

(*Saturday classes meet 8 times and fees have been adjusted for Saturday classes)

On-Line Swim Registration for Cobb County Residents will begin at 9:00 am on May 19th http://prca.cobbcountyga.gov

Walk up registration (at the facility) begins at 9:00am Saturday May 19th.

Non-Cobb resident's registration begins at 9:00 am on May 21st

Mountain View Aquatic Center

Located at 2650 Gordy Parkway in East Cobb Hours of operation:

Lap Swim: Mon.-Fri. 6 am-8 pm Sat 9 am-12 pm

Call for available open swim times (770) 509-4925.

Swimming Lessons Summer 2012

Session I June 4-June 21

On-Line Swim Registration for Cobb County Residents will begin at 12:00 pm on May 19th, 2012. http://prca.cobbcountyga.gov

Walk up registration (at the facility) begins at 12:00pm Saturday May 19th

Non-Cobb resident's registration begins at 12:00 pm on May 21st.

Due to the SPLOST renovations scheduled at Mountain View Aquatic Center there will be only one session of swim classes for the 2012 Summer

West Cobb Aquatic Center

Located at 3675 Macland Road in Powder Springs Hours of operation:

Lap Swim: Mon.-Fri. 6 am-9 pm Sat. 9 am-5 pm

Call for available open swim times 770-222-6700

Swimming Lessons Summer 2012

Session I June 4-20 (M/W)
May 29-June14 (T/Th)
Session II June 25 – July 16 (M/W)
(No classes on July 4^{th}) June 19 – July 5 (T/Th)
Session III July 23 – Aug 8 (M/W)
July 10-26 (T/Th)

Saturday* June 2 – July 21

(*Saturday classes meet 8 times and fees have been adjusted for Saturday classes)

On-Line Swim Registration for Cobb County Residents will begin at 2:00 pm on May 19th http://prca.cobbcountyga.gov

Walk up registration (at the facility) begins at 2:00pm Saturday May 19th.

Non-Cobb resident's registration begins at 2:00 pm on May 21^{st} .

South Cobb Aquatic Center

Located at 875 Six Flags Drive in Austell Hours of Operation:

 $\begin{array}{lll} Mon-Thur & 12pm-7 \ pm \\ Fri & 2pm-9pm \\ Sat & 9 \ am-5 \ pm \\ Sun & 2 \ pm-5 \ pm \end{array}$

Call for available open swim and lap swim times 770-739-3180

Swimming Lessons Summer 2012

Session I June 4-21
Session II June 25 –July 12
Session III July 16 Aug 2
Saturday June 9 – July 14

On-Line Swim Registration for Cobb County Residents will begin at 6:00 pm on May 18th http://prca.cobbcountyga.gov

Walk up registration (at the facility) begins at 6:00pm Friday May 18th.

Non-Cobb resident's registration begins at 6:00 pm on May 19th.



AQUATIC CENTER LESSONS

Adult Basics (age 15+)

This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introducing freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$80.00 (Cobb Res) \$105.00 (Non-Cobb)

Central Aquatic Center

| 53989 | T/Th | Jun 5-21 | 7-7:50 PM |
|-------|---------|---------------|----------------------|
| 53990 | T/Th | Jun 26-Jul 12 | 7-7:50 PM |
| 53991 | T/Th | Jul 17-Aug 2 | 7-7:50 PM |
| 53988 | Sat | Jun 2-Jul 21 | 1-1:50 PM* |
| Fees: | \$106.7 | 72 (Cobb Res) | \$131.72 (Non-Cobb)* |

South Cobb Aquatic Center

| 54622 M/W | June 4-20 | 6:10–7 PM |
|-----------|------------------|-----------|
| 54623 M/W | June 25- July 11 | 6:10–7 PM |
| 54624 M/W | July 16- Aug 1 | 6:10-7 PM |
| 54625 Sat | June 9-July 14 | 1-1:50 PM |

Adult Basics II (age 15+)

This class is designed to teach adults who have successfully completed Adult Basics 1. It will teach freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$106.72 (Cobb Res) \$131.72 (Non Cobb)

Central Aquatic Center

53992 Sat Jun 2-Jul 21 12-12:50 PM

Adult Stroke Development (age 15+)

This class is for individuals who can swim at least 50 yards of freestyle without stopping and can swim backstroke and breaststroke, and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

Fees: \$106.72 (Cobb Res) \$131.72 (Non – Cobb)*

Central Aquatic Center

53993 Sat Jun 2-Jul 21 11-11:50 AM*

Adult Advanced Stroke Development (age 15+)

This class is for individuals who have completed the Adult Stroke Development class and who are comfortable swimming laps and being in deep water. This class will build ones endurance and improve stroke proficiency.

Fees: \$106.72 (Cobb Res) \$131.72 (Non Cobb)*

Central Aquatic Center

53997 Sat Jun 2-Jul 21 10-10:50 AM*

PRE-SCHOOL CLASSES

Parent Tot I (age 6mos-3 yrs)

A parent or guardian accompanies Infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

Central Aquatic Center

| 54034 | T/Th | Jun 5-21 | 9-9:30 AM |
|-------|---------|---------------|---------------------|
| 54035 | T/Th | Jun 26-Jul 12 | 9-9:30 AM |
| 54036 | T/Th | Jul 17-Aug 2 | 9-9:30 AM |
| 54033 | Sat | Jun 2-Jul 21 | 8:30-9 AM* |
| Fees: | \$53.36 | (Cobb Res) | \$78.36 (Non-Cobb)* |

Mountain View Aquatic Center

| 54266 T, Th June 5-21 | 9-9:30 AM |
|-----------------------|-----------|
|-----------------------|-----------|

South Cobb Aquatic Center

| 54650 | Sat . | June 9 | 9-July | ı 14 | 9-9:30 AM |
|-------|-------|--------|--------|------|-----------|
| | | | | | |

West Cobb Aquatic Center

| 52/14 M/W | Jun 4-20 | 9-9:30AM |
|---------------|--------------------|--------------|
| 52715 T/Th | May 29-Jun 14 | 9-9:30AM |
| 52716 M/W | Jun 25-Jul 16 | 9-9:30AM |
| 52717 T/Th | Jun 19-Jul 5 | 9-9:30AM |
| 52718 M/W | Jul 23-Aug 8 | 9-9:30AM |
| 52719 T/Th | Jul 10-26 | 9-9:30AM |
| 52713 Sat | June 2 – July 21 | 9:10-9:40AM* |
| Fees: \$53.36 | (Cobb Res) \$78.36 | (Non-Cobb)* |



Parent Tot II (age 18 mos-3 yrs)

A parent or guardian accompanies Infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please. Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

South Cobb Aquatic Center

54651 Sat June 9-July 14 9-9:30 AM

Tadpole (age 3-5)

This class is designed for the true beginner. Water adjustment skills, blowing bubbles, submerging, and water safety are taught in a playful atmosphere Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

Central Aquatic Center

| 54045 | T/Th | Jun 5-21 | 9:45-10:15 AM |
|-------|---------|---------------|---------------------|
| 54046 | T/Th | Jun 26-Jul 12 | 9:45-10:15 AM |
| 54047 | T/Th | Jul 17-Aug 2 | 9:45-10:15 AM |
| 54048 | T/Th | Jun 5-21 | 5:00- 5:30 PM |
| 54049 | T/Th | Jun 26-Jul 12 | 5:00- 5:30 PM |
| 54050 | T/Th | Jul 17-Aug 2 | 5:00- 5:30 PM |
| 54044 | Sat | Jun 2-Jul 21 | 9:00-9:30 AM* |
| Fees: | \$53.36 | (Cobb Res) | \$78.36 (Non-Cobb)* |

Mountain View Aquatic Center

54278 T. Th June 5-21 12 PM -12:30 PM

South Cobb Aquatic Center

| | | 1 | |
|-------|------|----------------|----------------|
| 54660 | M/W | Jun 4-20 | 5:30 - 6PM |
| 54662 | M/W | Jun 25-Jul 11 | 5:30 - 6PM |
| 54664 | M/W | Jul 16-Aug 1 | 5:30 - 6PM |
| 54661 | T/TH | Jun 5-21 | 5:30 - 6PM |
| 54663 | T/TH | Jun 26-Jul12 | 5:30 - 6PM |
| 54665 | T/TH | Jul 17-Aug 2 | 5:30 - 6PM |
| 54659 | Sat | June 9-July 14 | 9:45 – 10:15AM |

West Cobb Aquatic Center

| 52731 | M/W | Jun 4-20 | 9:35-10:05 AM |
|-------|---------|----------------|---------------------|
| 52732 | T/Th | May29-14 | 9:35-10:05 AM |
| 52733 | M/W | Jun 25-Jul 16 | 9:35-10:05 AM |
| 52734 | T/Th | Jun 19-Jul 5 | 9:35-10:05 AM |
| 52735 | M/W | Jul 23-Aug 8 | 9:35-10:05 AM |
| 52736 | T/Th | Jul 10-26 | 9:35-10:05 AM |
| 52737 | M/W | Jun 4-20 | 6:00-6:30 PM |
| 52738 | T/Th | Jun 19-Jul 5 | 6:00-6:30 PM |
| 52739 | M/W | Jul 23-Aug 8 | 6:00-6:30 PM |
| 52730 | Sat | June 2-July 21 | 9:50-10:20 AM* |
| Fees: | \$53.36 | (Cobb Res) | \$78.36 (Non-Cobb)* |

Minnow (age 3-5)

This class is for preschoolers who can already put their faces in the water. Kicking, stroking, gliding, floating and jumping in will be taught in a playful atmosphere.

Fees: \$40.00 (Cobb Res) \$65.00 (Non-Cobb)

Central Aquatic Center

| 54026 | T/Th | Jun 5-21 | 10:30-11:00 AM |
|-------|---------|---------------|---------------------|
| 54027 | T/Th | Jun 26-Jul 12 | 10:30-11:00 AM |
| 54028 | T/Th | Jul 17-Aug 2 | 10:30-11:00 AM |
| 54030 | T/Th | Jun 5-21 | 5:30- 6:00 PM |
| 54031 | T/Th | Jun 26-Jul 12 | 5:30- 6:00 PM |
| 54032 | T/Th | Jul 17-Aug 2 | 5:30- 6:00 PM |
| 54029 | Sat | Jun 2-Jul 21 | 9:45-10:15 AM* |
| Fees: | \$53.36 | (Cobb Res) | \$78.36 (Non-Cobb)* |

Mountain View Aquatic Center

| 54254 M, | , W June 4 | -20 6:30 |)- 7 PM |
|----------|------------|----------|------------|
| 54256 T, | Th June 5 | -21 12:4 | 45-1:15 PM |
| 54257 T. | Th June 5 | -21 6:30 |)- 7 PM |

South Cobb Aquatic Center

| 54643 M | I/W Jun | 4-20 | 5:30 - 6PM |
|----------|---------|-------------|-----------------|
| 54645 M | I/W Jun | 25-Jul 11 | 5:30 - 6PM |
| 64647 M | I/W Jul | 16-Aug 1 | 5:30 - 6PM |
| 54644 T | /TH Jun | 5-21 | 5:30 - 6PM |
| 54646 T | /TH Jun | 26-Jul 12 | 5:30 - 6PM |
| 54648 T | /TH Jul | 17-Aug 2 | 5:30 - 6PM |
| 54649 Sa | at June | e 9-July 14 | 10:30 - 11:00AM |

Minnow Continued

West Cobb Aquatic Center

| 5 | 52703 | M/W | Jun 4-20 | 10:15-10:45 AM |
|---|-------|---------|-----------------|---------------------|
| 5 | 52704 | T/Th | May 29-14 | 10:15-10:45 AM |
| 5 | 52705 | M/W | Jun 25-Jul 16 | 10:15-10:45 AM |
| 5 | 52706 | T/Th | Jun 19-Jul 5 | 10:15-10:45 AM |
| 5 | 52707 | M/W | Jul23-Aug 8 | 10:15-10:45 AM |
| 5 | 52708 | T/Th | Jul 10-26 | 10:15-10:45 AM |
| 5 | 2709 | T/Th | May 29-14 | 6-6:30 PM |
| 5 | 52710 | M/W | Jun 25-Jul 16 | 6-6:30 PM |
| 5 | 52711 | T/Th | Jul 10-26 | 6-6:30 PM |
| 5 | 52712 | Sat | Jun 2 – July 21 | 11:10-11:40AM* |
| F | Fees: | \$53.36 | (Cobb Res) | \$78.36 (Non-Cobb)* |

Seals (age 3-5)

This class is designed for preschoolers who can already swim. The coordination of the flutter kick and alternating arm strokes will be taught. Rhythmic breathing, water safety, and confidence in the water will be stressed.

Fees: \$40.00 (Cobb Res) \$65.00 (Non-Cobb)

Central Aquatic Center

| 54038 | T/Th | Jun 5-21 | 11:15-11:45 AM |
|-------|---------|---------------|---------------------|
| 54039 | T/Th | Jun 26-Jul 12 | 11:15-11:45 AM |
| 54040 | T/Th | Jul 17-Aug 2 | 11:15-11:45 AM |
| 54041 | M/W | Jun 4-20 | 6:30- 7 PM |
| 54042 | M/W | Jun 25-Jul 11 | 6:30- 7 PM |
| 54043 | M/W | Jul 16-Aug 1 | 6:30- 7 PM |
| 54037 | Sat | Jun 2-Jul 21 | 10:30-11 AM* |
| Fees: | \$53.36 | (Cobb Res) | \$78.36 (Non-Cobb)* |

South Cobb Aquatic Center

| South Cob | o riquane cent | |
|------------|-----------------|-------------------|
| 54652 M/V | V Jun 4-20 | 5:30 - 6PM |
| 54655 M/V | V Jun 25-Jul 11 | 5:30 – 6PM |
| 54657 M/V | V Jul 16-Aug 1 | 5:30 - 6PM |
| 54654 T/TI | H Jun 5-21 | 5:30 - 6PM |
| 54656 T/TI | H Jun 26-Jul 12 | 2 5:30 – 6PM |
| 54658 T/TI | H Jul 17-Aug 2 | 5:30 - 6PM |
| 54653 Sat | June 9-July 1 | 4 11:15 – 11:45AM |

Seals Continued

West Cobb Aquatic Center

| 52721 | M/W | Jun 4-20 | 10:50-11:20 AM |
|-------|---------|------------------|---------------------|
| 52722 | T/Th | May 29-14 | 10:50-11:20 AM |
| 52723 | M/W | Jun 25-Jul 16 | 10:50-11:20 AM |
| 52724 | T/Th | Jun 19-Jul 5 | 10:50-11:20 AM |
| 52725 | M/W | Jul 23-Aug 8 | 10:50-11:20 AM |
| 52726 | T/Th | Jul 10-26 | 10:50-11:20 AM |
| 52727 | M/W | Jun 4-20 | 6:35-7:05 PM |
| 52728 | T/Th | Jun 19-Jul 5 | 6:35-7:05 PM |
| 52729 | M/W | Jul 23-Aug 8 | 6:35-7:05 PM |
| 52720 | Sat . | June 2 – July 21 | 1 10:30-11:00 AM* |
| Fees: | \$53.36 | (Cobb Res) | \$78.36 (Non-Cobb)* |

Youth

Learn to Swim Program Level 1 (age 5 ½ -15)

This class is designed for children 5 1/2 or older who have little or no swimming experience or who have a fear of the water. Basic water safety skills, placing face in the water, propulsion skills with support, and floating are taught at this level.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

Central Aquatic Center

| 53999 | M/W | Jun 4-20 | 11-11:50 AM |
|-------|---------|---------------|----------------------|
| 54000 | M/W | Jun 25-Jul 11 | 11-11:50 AM |
| 54001 | M/W | Jul 16-Aug 1 | 11-11:50 AM |
| 54002 | T/Th | Jun 5-21 | 6- 6:50 PM |
| 54003 | T/Th | Jun 26-Jul 12 | 6- 6:50 PM |
| 54004 | T/Th | Jul 17-Aug 2 | 6- 6:50 PM |
| 53998 | Sat | Jun 2-Jul 21 | 11-11:50 AM* |
| Fees: | \$106.7 | 2 (Cobb Res) | \$131.72 (Non-Cobb)* |

Mountain View Aquatic Center

| 54221 | M, W | June 4-20 | 12-12:50 PM |
|-------|-------|-----------|--------------|
| 54223 | T. Th | June 5-21 | 11- 11:50 AM |

South Cobb Aquatic Center

| 54672 T/TH | Jun 5-21 | 6:10 - 7 PM |
|------------|----------------|----------------|
| 54628 T/TH | Jun 26-Jul 12 | 6:10 - 7 PM |
| 54631 T/TH | Jul 17-Aug 2 | 6:10 - 7 PM |
| 54632 Sat | June 9-July 14 | -11 – 11:50 AM |

Level 1 Continued

West Cobb Aquatic Center

| 52678 | M/W | Jun 4-20 | 11:30-12:20 PM |
|-------|---------|----------------|---------------------|
| 52681 | T/Th | Jun 19-Jul 5 | 11:30-12:20 PM |
| 52679 | M/W | Jun 4-20 | 7:10-8 PM |
| 52682 | T/Th | Jun 19-Jul 5 | 7:10-8 PM |
| 52680 | M/W | Jul 23-Aug 8 | 7:10-8 PM |
| 52683 | Sat | June 2– July 2 | 1 11:50-12:40 PM* |
| Fees: | \$106.7 | 2 (Cobb Res) | \$131.72 (Non-Cobb) |
| | | | |

Learn to Swim Program Level 2 (age 6-15)

This class is designed for children who are able to float and glide on their stomach and back, and are comfortable going under water. The front crawl and backstroke are introduced along with rhythmic breathing to the side.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

Central Aquatic Center

| 54009 | M/W | Jun 4-20 | 12-12:50 PM |
|-------|---------|---------------|----------------------|
| 54010 | M/W | Jun 25-Jul 11 | 12-12:50 PM |
| 54011 | M/W | Jul 16-Aug 1 | 12-12:50 PM |
| 54015 | M/W | Jun 4-20 | 7- 7:50 PM |
| 54016 | M/W | Jun 25-Jul 11 | 7- 7:50 PM |
| 54017 | M/W | Jul 16-Aug 1 | 7- 7:50 PM |
| 54008 | Sat | Jun 2-Jul 21 | 12-12:50 PM* |
| Fees: | \$106.7 | 2 (Cobb Res) | \$131.72 (Non-Cobb)* |

Mountain View Aquatic Center

| 54230 | M, W | June 4-20 | 1-1:50 PM |
|-------|-------|-----------|-----------|
| 54231 | M, W | June 4-20 | 7-7:50 PM |
| 54233 | T. Th | June 5-21 | 7-7:50 PM |

South Cobb Aquatic Center

| | | 1 | |
|-------|------|----------------|----------------|
| 54633 | M/W | Jun 4-20 | 6:10 - 7 PM |
| 54635 | M/W | Jun 25-Jul 11 | 6:10 - 7 PM |
| 54637 | M/W | Jul 16-Aug 1 | 6:10 - 7 PM |
| 54634 | T/TH | Jun 5-21 | 6:10 - 7 PM |
| 54636 | T/TH | Jun 26-Jul 12 | 6:10 - 7 PM |
| 54638 | T/TH | Jul 17-Aug 2 | 6:10 - 7 PM |
| 54639 | Sat | Jun 9- July 14 | 11 – 11:50 AM |
| 54640 | Sat | Jun 9- July 14 | 12 - 12.50 PM |

Level 2 Continued

West Cobb Aquatic Center

| 52684 | T/Th | May 29-14 | 11:30-12:20 PM |
|-------|---------|----------------|----------------------|
| 52685 | M/W | Jun 25-Jul 16 | 11:30-12:20 PM |
| 52686 | T/Th | Jul 10-26 | 11:30-12:20 PM |
| 52687 | T/Th | May 29-14 | 7:10-8:00 PM |
| 52688 | M/W | Jun 25-Jul 16 | 7:10-8:00 PM |
| 52689 | T/Th | Jul 10-26 | 7:10-8:00 PM |
| 52690 | Sat | June 2- July 2 | 1 11:50-12:40 PM* |
| Fees: | \$106.7 | 2 (Cobb Res) | \$131.72 (Non-Cobb)* |

Learn to Swim Program Level 3 (age 6-15)

Students must be able to swim 50 yards consisting of backstroke and front crawl with rhythmic breathing to the side. Students must be comfortable swimming in deep water without assistance. Skills taught at this level include improving front crawl and backstroke, elementary backstroke, treading water, diving, and safety skills.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

Central Aquatic Center

| 54019 | T/Th | Jun 5-21 | 12:00-12:50 PM |
|-------|---------|---------------|----------------------|
| 54020 | T/Th | Jun 26-Jul 12 | 12:00-12:50 PM |
| 54021 | T/Th | Jul 17-Aug 2 | 12:00-12:50 PM |
| 54022 | T/Th | Jun 5-21 | 7:00- 7:50 PM |
| 54023 | T/Th | Jun 26-Jul 12 | 7:00- 7:50 PM |
| 54024 | T/Th | Jul 17-Aug 2 | 7:00- 7:50 PM |
| 54018 | Sat | Jun 2-Jul 21 | 9:00- 9:50 AM* |
| Fees: | \$106.7 | 2 (Cobb Res) | \$131.72 (Non-Cobb)* |

South Cobb Aquatic Center

54641 Sat Jun 9- July 14 12:00 – 12:50 PM

West Cobb Aquatic Center

| 52691 | M/W | Jun 4-20 | 12:30-1:20 PM |
|-------|---------|---------------|----------------------|
| 52692 | T/Th | Jun 19-Jul 5 | 12:30-1:20 PM |
| 52693 | M/W | Jun 4-20 | 8:05-8:55 PM |
| 52694 | T/Th | Jun 19-Jul 5 | 8:05-8:55 PM |
| 52695 | Sat | June 2-Jul 21 | 12:50-1:40 PM* |
| Fees: | \$106.7 | 2 (Cobb Res) | \$131.72 (Non-Cobb)* |



Learn to Swim Program Level 4 (age 6-15)

Students must be able to swim 100 yards without stopping (2 laps) including; front crawl with rhythmic breathing, back crawl, and elementary backstroke. Swimmers must be able to swim in deep water without assistance. Skills taught at this level include: improving previously learned strokes, breaststroke, sidestroke, and increased endurance Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

Central Aquatic Center

53987 Sat Jun 2-Jul 21 10:00-10:50 AM* Fees: \$106.72 (Cobb Res) \$131.72 (Non-Cobb)*

South Cobb Aquatics Center

54642 Sat Jun 9- July 14 1:00 – 1:50 PM

West Cobb Aquatic Center

52697 T/Th May 29-Jun14 12:30-1:20 PM 52698 M/W Jun 25-Jul 16 12:30-1:20 PM 52699 T/Th Jul 10- 26 12:30-1:20 PM 52700 T/Th May 29-Jun 14 8:05-8:55 PM 52701 M/W Jun 25-Jul 16 8:05-8:55 PM 52702 T/Th Jul 10-Jul 26 8:05-8:55 PM 52696 Sat June 2-Jul 21 12:50-1:40 PM* Fees: \$106.72 (Cobb Res) \$131.72 (Non-Cobb)*

Learn to Swim Program Level 5 (age 6-15)

Student must be able to perform the following strokes: front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke. This class is designed to improve these strokes and prepare students for swim team participation. This class will introduce butterfly, surface dives and springboard diving.

Fees: \$106.72 (Cobb Res) \$131.72 (Non-Cobb)*

Central Aquatic Center

54025 Sat Jun 2-Jul 21 11:00-11:50 PM*

Competitive Diving:

The Central Aquatic Center and West Cobb Aquatic Center host a USA competitive diving team.

For more information contact Bill Humber, Metro Atlanta Diving at 770-528-8465.

Competitive Swimming:

Cobb County Aquatic Facilities host several USA competitive swim teams.

| Chattahoochee Gold | 770-928-1506 |
|---------------------|--------------|
| Kennesaw Tidal Wave | 770-499-3296 |
| Marietta Marlins | 770-516-3668 |
| Stingrays | 770-428-3425 |



Adult Aqua-Aerobic classes:

Central Aquatic Center

| 9:00 am | Mon/Wed/Fri | Aerobics |
|----------|-------------|----------|
| 10:00 am | Mon/Wed/Fri | Aerobics |
| 5:30 pm | Mon/Wed/Fri | Aerobics |

Mountain View Aquatic Center

| 8:00am | Mon/Wed/Fri | Aerobics (shallow) |
|---------|-------------|-----------------------|
| 9:00am | Mon-Fri | Aerobics (deep water) |
| 10:00am | Mon/Wed/Fri | Arthritis, AquaFit |
| | Tues/Thurs | Aerobics (shallow) |
| 11:00am | Mon/Wed/Fri | Adaptive & Arthritis |
| 5:30 pm | Mon-Fri | Aerobics (shallow) |

West Cobb Aquatic Center

| | - | |
|----------|---------|-----------------------|
| 9:00 am | Mon-Fri | Aerobic (shallow) |
| 9:15 am | Sat | Aerobic (shallow) |
| 10:00 am | M/W/F | Low Intense (shallow) |
| 6:00 pm | Tues | Aerobics (deep water) |
| 6:00 pm | Thu | Aerobics (deep water) |
| 7:00 pm | M/W | Aerobics (shallow) |
| 11:10am | M/W/F | Low Intense (shallow) |
| | | |

South Cobb Aquatic Center

| 9:00am | Mon-Fri | Shallow Water |
|--------|-----------|---------------|
| 6:00pm | Mon-Thurs | Shallow Water |

Aqua-Aerobic Fees:

| Adults | \$4.50 per class (10-visit pass \$45.00) |
|---------|--|
| Seniors | \$2 per class (10-visit pass \$20.00) |

Shallow Water:

Low impact, mid to high intensity to get blood flowing. A good aerobic workout with muscle toning

Deep Water:

Enjoy a deep water workout that has no impact on the joints, yet high intensity to burn calories...very cardiovascular...add a little body sculpting and you have a total body workout.

Additional Programs

Lifeguard Training - Class is designed to certify individuals in lifesaving, standard first aid and CPRO (CPR for the professional rescuer).

Cardio Pulmonary Resuscitation (CPRO) – Class is designed to certify individuals in the American Red Cross CPR for the Professional Rescuer

Water Safety Instructor – Class is designed to certify individuals to teach American Red Cross swimming lessons.

Contact Facilities for Class Availability

| Central Aquatic Center | 770/528-8465 |
|------------------------------|--------------|
| Mountain View Aquatic Center | 770/509-4925 |
| West Cobb Aquatic Center | 770/222-6700 |
| South Cobb Aquatic Center | 770/739-3180 |

Call for facilities or check on-line for dates

Cobb Aquatics Indoor Facilities ADMISSION FEES

| | Adult | Youth | Senior |
|------------|----------|----------|----------|
| | Cobb | Cobb | Cobb |
| Daily | \$4.50 | \$ 3.50 | \$ 2.12 |
| 10 Visit | \$34.50 | \$19.93 | \$13.78 |
| Monthly* | \$37.86 | \$27.40 | \$19.08 |
| Quarterly* | \$103.13 | \$60.28 | \$42.40 |
| Annual* | \$272.02 | \$186.83 | \$131.44 |
| | | | |

Family Passes

| Size | 3 months |
|------|----------|
| 4 | \$146.28 |
| 5 | \$161.12 |
| 6+ | \$174.90 |

^{*(}Check with any aquatic facility for Non-Cobb resident prices)

http://prca.cobbcountyga.gov